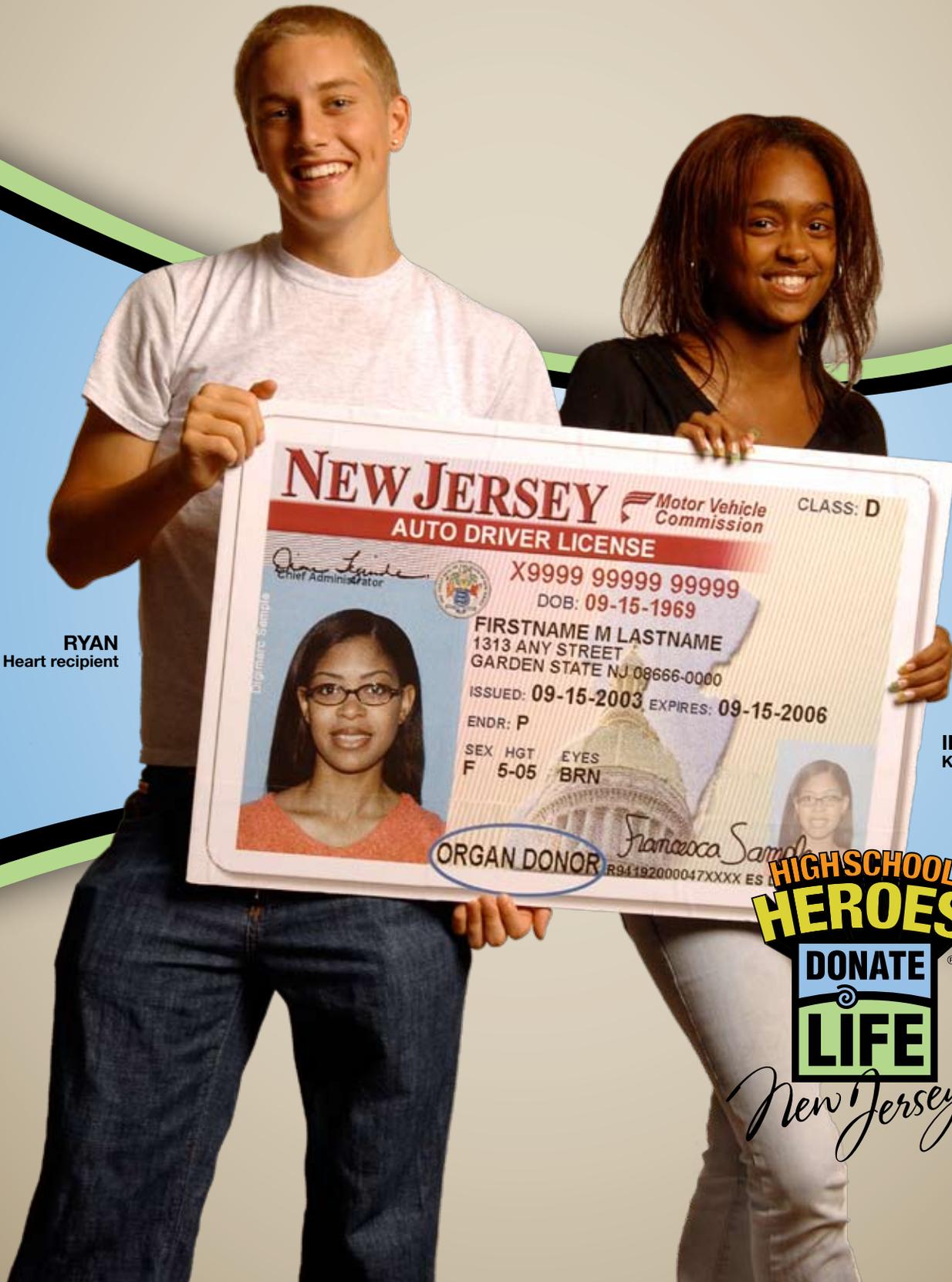


HIGH SCHOOL HEROES

ORGAN AND TISSUE DONATION CLASSROOM GUIDE



RYAN
Heart recipient

IESHA
Kidney recipient

**HIGH SCHOOL
HEROES**

**DONATE
LIFE**

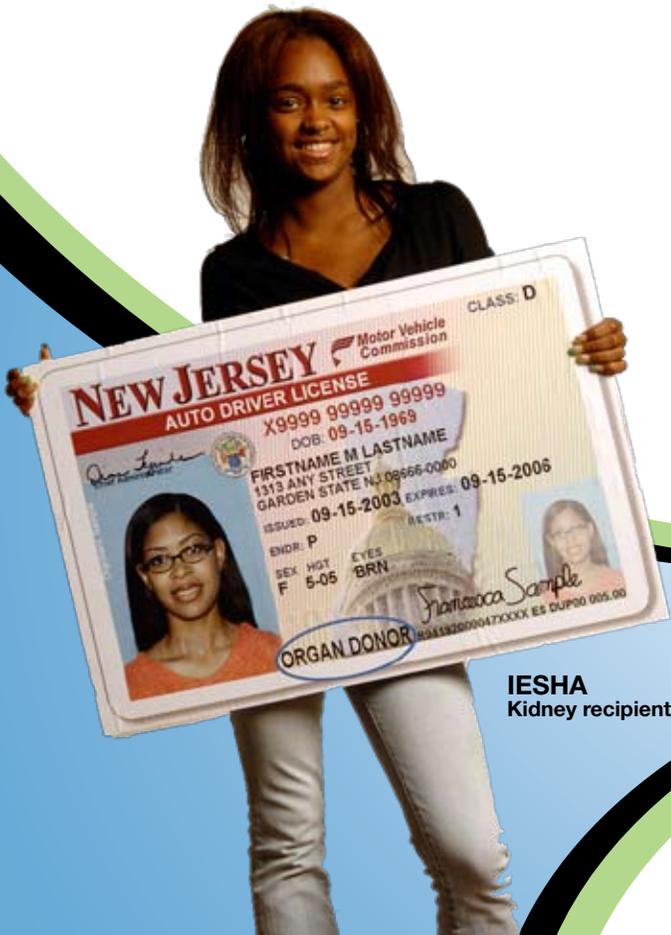
New Jersey



RYAN
Heart recipient

CONTENTS

4	Acknowledgements
6	Letter to Educator
7	Goals and Objectives
8	Understanding the Benefits of Donation
9	Dispelling Myths and Misunderstandings
10	Making the Donation Decision
11	National Organ Donation Statistics
12	Commonly Asked Questions
14	Sample Lesson
16	Extension Activities
18	Reproducible Materials
38	Resources & Related Websites
40	References



IESHA
Kidney recipient



Acknowledgements

The High School Heroes program was developed and supported by a consortium of organizations responsible for the recovery and transplant of organs and tissue in New Jersey. These organizations are also responsible to promote and educate New Jersey residents about the importance and benefits of donation and transplantation. Together these organizations make up what is known as Donate Life New Jersey.

THE MEMBERS OF DONATE LIFE NEW JERSEY INCLUDE:

- Gift of Life Donor Program
- Kidney & Urology Foundation of America
- Lions Eye Bank of Delaware Valley
- Lions Eye Bank of New Jersey
- Musculoskeletal Transplant Foundation
- New Jersey Coalition on Donation
- New Jersey Hospital Association
- New Jersey Sharing Network
- State of New Jersey Motor Vehicle Commission

DONATE LIFE NEW JERSEY WOULD LIKE TO GIVE SPECIAL THANKS TO THE SPONSORS OF THE NEW JERSEY HERO ACT [S755/A1935]

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- Assemblywoman Valerie Vainieri Huttle

The Sharing Network Foundation was created in 2006 to support the mission and work of NJ Sharing Network by raising and granting money to promote organ and tissue donation. The Sharing Network Foundation would like to thank our funding partners for their ongoing financial support and gratefully acknowledges their contributions

- Astellas Pharma US, Inc.
- Community Foundation of New Jersey
- ETHICON
- Lions Eye Bank of New Jersey
- Novartis
- Overlook Hospital Foundation
- Roche
- Schering-Plough
- Transplant Foundation
- Zampella Family Charitable Trust



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Dear Educator,

As you may already know, the New Jersey Hero Act is recently approved legislation that mandates the inclusion of organ and tissue donation information into the core curriculum content standards for health and physical education.

Specifically, beginning with the 2009-2010 school year, each public high school in New Jersey is required to ensure information about organ and tissue donation is included in the health curriculum for grades 9-12.

The legislation also requires that each public institution of higher education in the state provide information to its students, either through student health services or as part of the curriculum.

The health and wellness of New Jersey's residents depends on critically important legislation like the New Jersey Hero Act that emphasizes the fundamental responsibility of individuals to take the appropriate action to help save another person's life, if possible.

In order to address the legislative mandate outlined above, Donate Life New Jersey offers health teachers the High School Heroes Classroom Guide. The guide was developed by collaborating with health teachers, supervisors and organizations involved with organ and tissue donation. It was piloted in eight public and private high schools ranging from the rural to urban areas of the state, and contains advice to students on how to become a real hero.

Donate Life New Jersey believes the New Jersey Hero Act and the High School Heroes Classroom Guide present a bold and unique opportunity to help close the gap between people on the waiting list and people who are willing to make the decision to become an organ and tissue donor.

We hope that we can count on your support by engaging students with this vital life saving information.

Sincerely,

Donate Life New Jersey

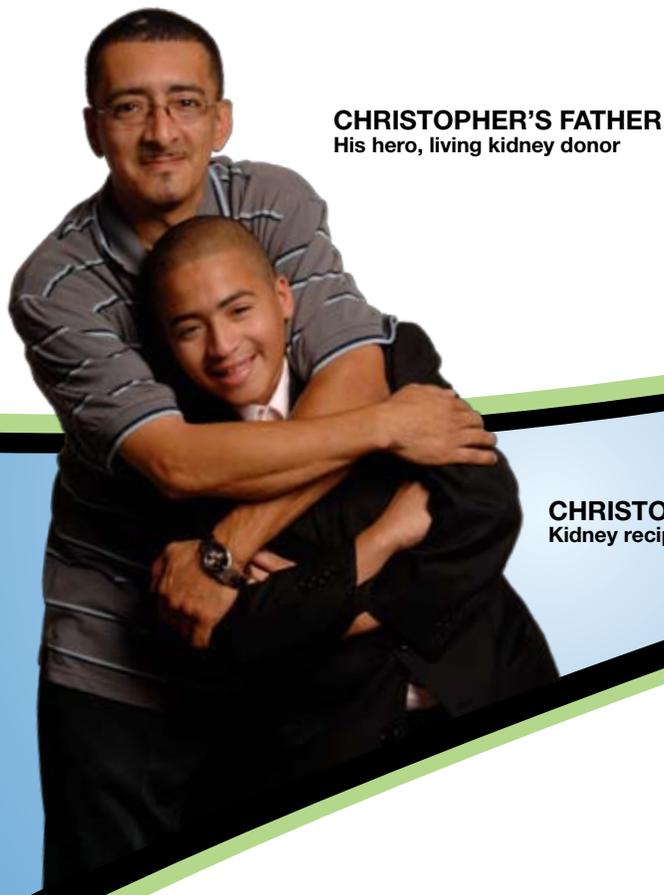
Goals and Objectives

GOALS

Provide high school students throughout the state with the knowledge and skills needed to make an informed decision about donation and to share that information with family, friends, and fellow students.

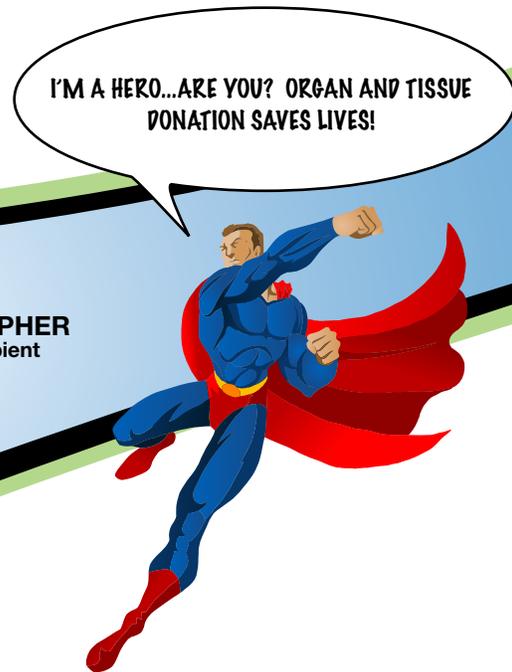
TEACHING OBJECTIVES

- I. Emphasize the benefits of organ and tissue donation to the health and well-being of society generally, and to individuals whose lives are saved by organ and tissue donation, so that students will be motivated to make an affirmative decision to register as a donor when they become adults.
- II. Fully address myths and misunderstandings regarding organ and tissue donation. Discuss the number one myth and introduce documented facts.
- III. Explain how to become a hero by making the designation to become an organ and tissue donor.



CHRISTOPHER'S FATHER
His hero, living kidney donor

CHRISTOPHER
Kidney recipient



Objective I: Background

Understanding the Benefits of Donation

- Just one organ donor can save the lives of eight of the over 100,000 men, women and children who are on the national waiting list for organ transplants.
- Just one organ donor can save the lives of eight of the nearly 4,500 men, women and children who are waiting for a life-saving transplant in New Jersey.
- Just one tissue donor can provide for *up to* 50 life-enhancing transplants.
- The following organs can be donated: the lungs, heart, kidneys, liver, pancreas, and intestines.
- The following tissue can be donated: corneas, bone, tendons, ligaments, skin, saphenous veins, heart valves and fascia lata (fibrous tissue that covers muscle).



TISSUE DONATION INCLUDES CORNEAS, BONE, TENDONS, LIGAMENTS, SKIN, SAPHENOUS VEINS, HEART VALVES AND FASCIA LATA (FIBROUS TISSUE THAT COVERS MUSCLE).



Background for Objective II: Dispelling Myths and Misunderstandings

COMMON MYTHS	THE FACTS
<i>Doctors won't save my life if they know I'm an organ donor.</i>	The decision to be a donor will in no way affect the level of medical care for a sick or injured person. The team of doctors and nurses involved in treating you is not involved with the transplant/recovery team, which is called in only after death has occurred and the decision for donation has been confirmed.
<i>My religion does not support organ and tissue donation.</i>	All major organized religions approve of organ and tissue donation and consider it an act of charity.
<i>The body is often mutilated in order to obtain organs and tissue.</i>	Organs and tissue are removed with dignity, in a sterile surgical procedure like that performed on a living patient.
<i>Rich and famous people get moved to the top of the waiting list.</i>	Organs are computer matched according to compatibility of donor and recipient tissue, determined by various tests, waiting time, and the medical need of the recipient. Social or financial data are not part of the computer database and, therefore, are not factors in the determination of who receives an organ.
<i>If I donate my organs my family will not be able to hold a funeral service for me.</i>	Organ or tissue donation does not usually interfere with customary funeral plans, including those with open casket viewings.
<i>It will cost my family money to donate my organs.</i>	There is never a charge to the family of the donor for organ recovery. All associated costs are paid by the organ procurement organization.
<i>If I have a history of medical illness then my organs or tissue are unfit for donation.</i>	At the time of death, the appropriate medical professionals will review your medical and social histories to determine whether you can be a donor. With recent advances in transplantation, many more people than ever before can be donors.
<i>There is a black market for buying and selling organs in the U.S.</i>	It is illegal in the U.S. to buy or sell organs and there is no documented case of this ever happening.

Objective III: Background Making the Donation Decision (How to become a Hero)

TO BECOME AN ORGAN AND TISSUE DONOR HERO YOU SHOULD DO TWO THINGS:

Step 1: When you turn 18 and apply for your unrestricted driver license you will be asked if you'd like the "Organ Donor" designation to appear on your license. By saying yes the words "Organ Donor" will appear on the front of your license and will be included in your computer record with the Motor Vehicle Commission (MVC).

If you are already 18 and do not have the donor designation on your license and would like to make the donor designation you can either:

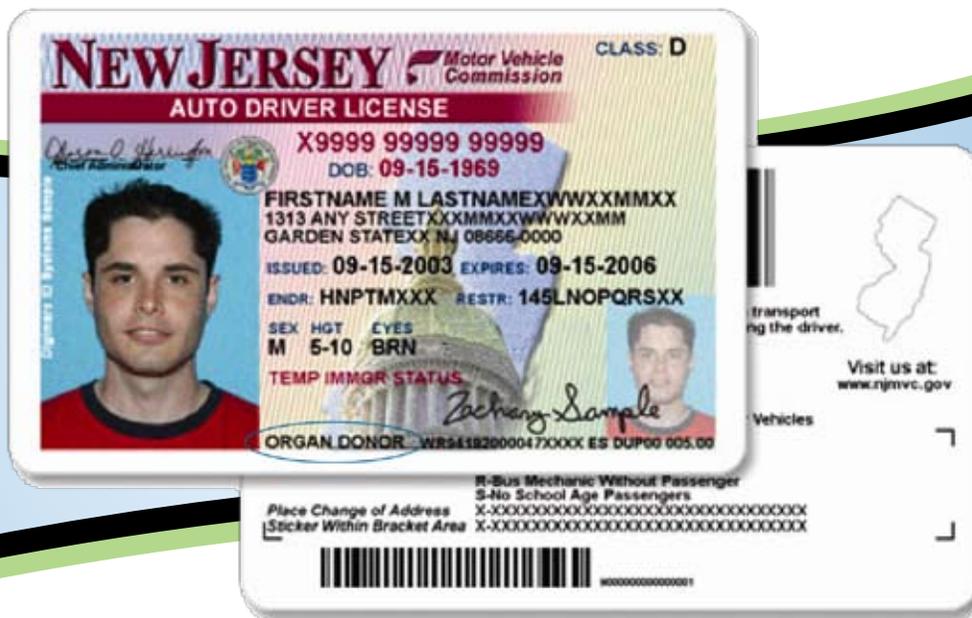
a. Renew your license at Motor Vehicle and ask to have the donor designation put on your license.

Or

b. Make your designation online at www.donatelifenj.org. Your decision will be registered in the MVC computer record until you reapply for your license at the MVC.

Step 2: Tell your family about your decision so they will carry out your decision. If there is no designation on your driver license or other legal means of donor designation, the final decision about organ and tissue donation will be made by your family.

DIGITAL DRIVER LICENSE

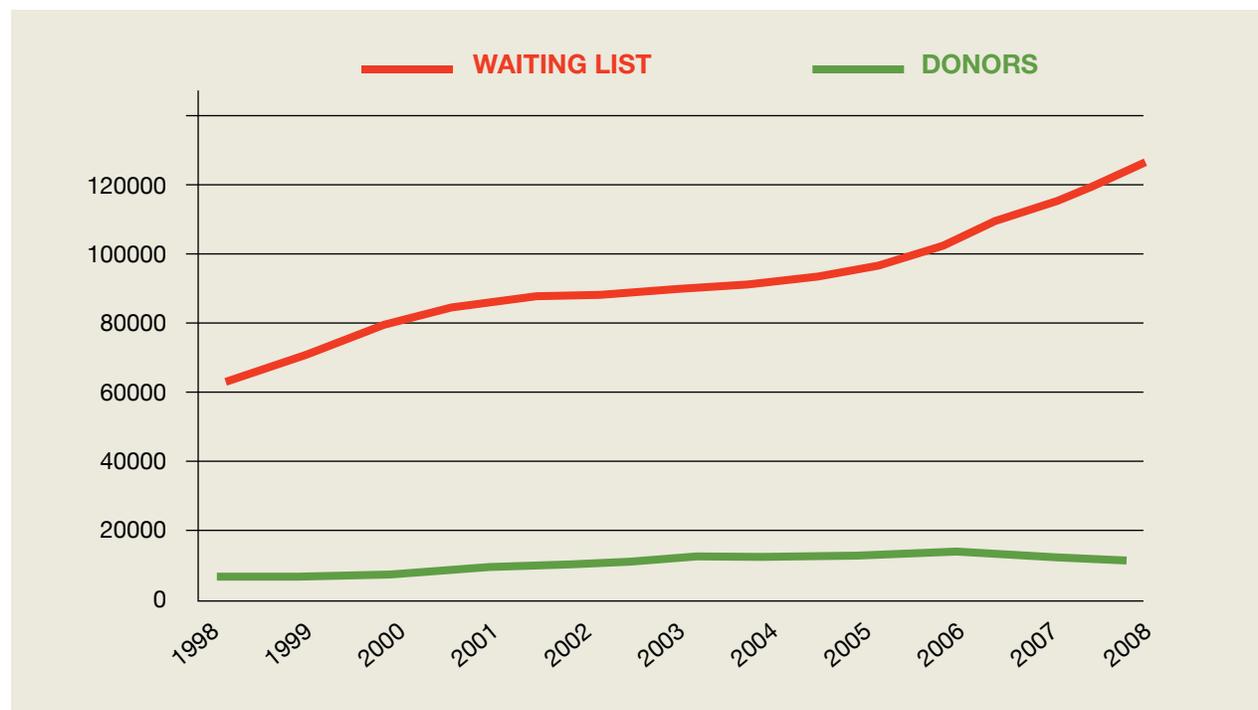


National Organ Donation Statistics for 2008

2,437,000	The number of people who died in the US, between June 2007 and June 2008.*
9,786	The number of people who died in 2008 in a manner that allowed them to be considered potential donors. This is only about 1% of the total deaths in the US for that year.**
6,861	The number of people who died in 2008 that had made their decision to be an organ donor known or whose family consented on their behalf.
6,521	The number of actual donors in 2008 (this number only includes deceased donors). Less than 1% of the people who died in 2008 were able to become actual donors.
100,000+	The number of people that were waiting for a life saving transplant at year end 2008.***

Because of the small number of donors each year, the gap between the number of people waiting for a life saving transplant and the number of donated organs available continues to grow.

THE NATIONAL ORGAN TRANSPLANT AVAILABILITY GAP 1998-2008



Statistics change frequently, for the most up to date national and local statistics visit www.UNOS.org.

*National Vital Statistics Reports, Vol. 57, No 11, February 17, 2009

**www.HRSA.gov

***www.UNOS.org



Commonly Asked Questions

WHAT IS THE ORGAN AND TISSUE DONATION PROCESS IN NEW JERSEY?

1. **A person passes away.** A person either dies of cardiac death or faces imminent death from an irreversible injury to the brain. Most people who become donors are brain dead.
2. **A New Jersey Organ Procurement Organization (OPO) is contacted.** Every death that takes place in a hospital in the state must be referred to one of the OPOs that serve New Jersey. In the case of a cardiac death the OPO must be contacted within 2 hours of the death. As per national legislation, in the case of brain death the OPO is contacted when it is determined that death is imminent.
3. **Consent for donation is obtained.** The MVC data base is checked to see if the person is registered as an organ and tissue donor. If the person is not registered as an organ and tissue donor then OPO transplant coordinators will ask the family for consent. The transplant coordinators are responsible for managing the donor to make sure that the gift is maximized to save as many lives as possible. The transplant coordinators also assist in family counseling. Others who may be involved include grief counselors, pastoral care personnel or the primary physician.
4. **The potential donor is evaluated.** A series of tests is done to determine if that person's organs and tissue are fit for donation.
5. **A transplant recipient is identified.** All patients awaiting transplantation are listed in the United Network for Organ Sharing (UNOS) computer registry. The statewide list is checked first, except in the case of kidneys, which are sent to perfectly matched patients, regardless of that patient's location. If no patient is identified in New Jersey, then the regional list is checked and finally the national list.
6. **Surgical privileges are granted to remove the organs.** Transplants must be performed within 4 to 48 hours. Recovery of all organs is performed in the operating room by surgeons, with the assistance of operating room personnel, just as with any other surgical procedure. Tissues may be recovered either in the hospital or outside of the hospital at a surgical recovery site by a tissue recovery specialist.
7. **The donated organ is transferred to the transplant center where the patient has been identified.** A transplant is performed. The donor becomes a hero by helping to save lives of others.
8. **The donated tissue is transferred to a tissue bank where it is processed and made ready for transplant.** The tissue is then transferred to a medical facility where the transplant will be performed. The donor becomes a hero by helping to enhance the lives of others.



WHAT ARE THE DIFFERENT TYPES OF ORGAN AND TISSUE DONORS?

A. BRAIN DEAD DONORS

Most organ donors fall into this category of donation. They are healthy people who have experienced a severe, life-ending trauma to the brain and are declared brain dead, meaning that brain function has irreversibly and permanently ceased. This occurs when injury causes the brain to swell and obstruct its own blood supply. Without blood flow, all brain tissue dies within a short period of time.

Potential donations include: heart, intestine, kidneys, liver, lungs, pancreas, bone, cartilage, corneas/eyes, heart valves, ligaments, saphenous veins, and tendons.

B. CARDIAC DECEASED DONORS

Donation after cardiac death occurs when there is irreversible cessation of circulatory and respiratory functions.

Potential donations include: heart, intestine, kidneys, liver, lungs, pancreas, bone, cartilage, corneas/eyes, heart valves, ligaments, saphenous veins, and tendons.

C. LIVING DONORS

A living person may donate an organ or part of an organ from his/her own living body for transplantation. The first successful living donor kidney transplant was performed between 23-year old identical twin brothers in 1954.

Potential donations include: one kidney, partial liver, partial lung, and partial pancreas. Also bone marrow and blood are common donations from a living donor.

DO I HAVE TO RENEW MY ORGAN DONOR DESIGNATION EVERY TIME MY LICENSE IS RENEWED?

Yes. Every time you renew your license, be sure to indicate your donor designation.

CAN MY RELATIVES MAKE THE DONATION DECISION?

In the absence of a donor designation or if an individual is under 18, the family is responsible for making all decisions regarding donation. This is why you should talk to your family about your decision.

PEOPLE OF ALL AGES AND MEDICAL HISTORIES SHOULD CONSIDER THEMSELVES POTENTIAL DONORS.



Sample Lesson

OVERVIEW

This sample lesson will introduce your students to the benefits of organ and tissue donation, and explore the fact/myths surrounding the topic. Students will learn how they can become heroes through registering as an organ and tissue donor. When students turn 18 they will be asked to make a decision about organ and tissue donation on their license.

This sample provides options for adjusting the length of the lesson. Option 1 is designed to take less class time and Option 2 is designed to go more in depth. These two options can be mixed and matched to suit the needs of any classroom. All worksheets and handouts can be found in the reproducible section of this guide. They are listed in the order that they are used in the lesson.

The minimum time recommended for teaching this material should be two traditional sessions or one block session.

LEARNING OBJECTIVES

- Students will be able to understand and describe the benefits of organ and tissue donation.
- Students will be able to differentiate between facts and myths related to organ and tissue donation.
- Students will be able to make an informed decision about becoming an organ and tissue donor.

NJ CORE CURRICULUM CONTENT STANDARDS 2004 VERSION COVERED WITHIN THIS LESSON

- 2.2.12.E Leadership Advocacy and Service
- 2.2.12.B Decision Making
- 2.1.12.D Diseases and Health Conditions

PREPARATION

1. Make copies of all student handouts.
2. Set up video viewing equipment.

STEP 1: INTRODUCTION

- Introduce the topic by asking students how many of them know someone who has been affected by organ and tissue donation. Allow a few students to share their stories.
- Tell students that today they are going to learn about organ and tissue donation so they can make an informed decision about donation.

STEP 2: KNOWLEDGE ASSESSMENT

- **OPTION 1.** Administer pre-test to students. Explain to students that for this lesson they will be taking a short pre and post-test to compare what they know about organ and tissue donation before and after the lesson.
- **OPTION 2.** Administer pre-test to students the day before the sample lesson and the post-test the day following the sample lesson.



STEP 3: VIDEO

- **OPTION 1.** “Ray of Hope” (15 min) the story of a North Carolina mascot who died in a tragic accident and was able to save the lives of four people and countless others by being an organ and tissue donor. Distribute the “Ray of Hope” discussion questions to the students, and watch the video.
- **OPTION 2.** “The Wait” (30 min) the story of four local students who are on the waiting list to receive an organ. Distribute “The Wait” discussion questions to the students and watch the video.

STEP 4: DISCUSSION

Review answers to the video discussion questions either in small groups or as a whole class.

Extension: Learn more about Jason Ray and the people whose lives he has saved by visiting ESPN’s “Ray of Hope” E-ticket on-line at <http://sports.espn.go.com/espn/eticket/story?page=rayofhope>

STEP 5: FACTS/MYTHS AND STATISTICS

- **OPTION 1.** Hand out the *Do you know the facts?* worksheet. Students place a true or false next to each statement. Go over the correct answers as a class.
- **OPTION 2.** Use the *Get the Facts* PowerPoint to go over major statistics. Follow up with a knowledge assessment using the *Do you know the facts?* worksheet. Go over answers together as a class.

STEP 6: DECISION-MAKING

Hand out *How to Become a Hero* to students. Highlight the following points:

- You will be asked to make a decision about organ and tissue donation when you turn 18 and every time you renew your license after that. Make it a license to save lives. Say “yes” to organ and tissue donation when you apply for or renew your New Jersey driver license at the age of 18. The words “Organ Donor” will appear on the front of your license and will be included in your computer record with the Motor Vehicle Commission. Online registration will also be possible at www.donatelifenj.org.
- It is important to talk to your family about your decision. They will be asked about your decision in the event of a tragedy. If you do not say yes on your license, your family will have to make the decision.
- You can change your decision at any time by reregistering for your license.

CLOSURE

Ask students the question below. Students can either share their answers aloud, or write them down to be collected.

What did you learn about organ and tissue donation today?

HOMEWORK

In the reproducible section of this packet is a letter for students to take home to use as a conversation piece with their parents or guardians about their feelings on organ and tissue donation. We recommend that students take this letter home and get it signed by their parent as a homework assignment. For students who make the decision to register as a donor, we have included a donor card in the reproducible section of this guide. In New Jersey, as a minor, one can sign a donor card, and it will be a legally binding document of gift, unless the minor’s parents decide to revoke it at the time of the minor’s death. Students should be encouraged to talk to their parents about their decision. When a tragedy occurs, it is always easier for families when they know their loved one’s decision.



Extension Activities

REQUEST A SPEAKER

Donate Life New Jersey can provide your school with a guest speaker to share their personal stories regarding organ and tissue donation. To request a speaker for your classroom please contact:

(North and Central Jersey) NJ Sharing Network 1 (800) SHARE-NJ
(South Jersey) Gift of Life Donor Program 1 (800) DONORS1

WEB QUEST (TRANSPLANTATION PROCESS)

Standard:

2.1.12.D Wellness (Diseases and Health Conditions)

Students visit <http://www.transweb.org/journey/index.shtml> and click on the transplant journey. Allow students time to go through the transplant journey and answer all of the questions.

Each screen contains a large box with a picture in it. Under each box are the following headings: Images, Audio, Video, Q&A and Index. Ask students to explore the information in each of these categories and instruct them to write down the answers to the Q & A before proceeding to the next screen. There are 37 questions in total. At the end of the transplant journey students are given the opportunity to send an e-card to their parents talking to them about their decision regarding organ and tissue donation.

DEBATE (ETHICS)

Standards:

2.1.12.D Wellness (Diseases and Health Conditions)

2.3.12.B Drugs and Medicines (Decision Making)

2.2.12.E Drugs and Medicines (Leadership, Advocacy and Service)

Host a classroom debate. Divide students into groups and ask them to research their side of an argument having to do with organ and tissue donation. Sample debate topics include:

Should people only be eligible to receive an organ transplant if they are registered as a donor?

Currently your place on the organ waiting list is determined by a variety of factors. Two of the major factors include waiting time and the medical need of the recipient. Assign students one of the major factors and ask them to debate which factor is more important.

Should a law be passed that requires everyone who is suitable to be a donor to donate their organs and tissue when they die?



CASE STUDIES (THE TRANSPLANTATION PROCESS)

Standard: 2.1.12.D Wellness (Diseases and Health Conditions)

Students review case studies dealing with organ and tissue donation.
(Case studies can be found in the reproducible section)

RESEARCH (PREVENTATIVE HEALTH)

Standards:

2.2.12.A Wellness (Personal Health)

2.2.12.C Wellness (Nutrition)

2.2.12.D Wellness (Diseases and Conditions)

Assign each student or group of students a different organ or tissue. Each student/group is responsible for researching that organ or tissue to find out what would cause a person to need a transplant for that organ or tissue. Students also research what they can do to keep that organ or tissue healthy. Students present their findings to the class.

The following organs and tissue can be assigned to students:

- Organs: Heart, Kidneys, Pancreas, Lungs, Liver and Intestines
- Tissue: Eyes-cornea, Skin, Bone, Heart Valves and Tendons

ADVOCACY

Standards:

2.1.12.D Wellness (Diseases and Health Conditions)

2.2.12.E Drugs and Medicines (Leadership, Advocacy and Service)

Students research organ and tissue donation and develop an advocate position on the local, state, national and global need for increased organ/tissue donation. Students create and present an inspirational documentary that reflects accurate information, personal values, and cultural influences. The documentary should include interviews (audio and video podcasts) that will motivate individuals to make an affirmative decision to register to become a donor. To assess advocacy impact, survey number of new organ/tissue donors registered locally and nationwide.

(A full description of this activity is included as a Classroom Application for standard 2.2 Integrated Skills in the 2009 edition of the core curriculum standards for health and physical education)

CLASS TRIP (LIVING KIDNEY DONATION)

Standards:

2.2.12.A Wellness (Personal Health)

2.2.12.C Wellness (Nutrition)

2.2.12.D Wellness (Diseases and Conditions)

Visit the Liberty Science Center's "Live From . . . Kidney Transplant." Through real-time, interactive videoconferencing with a hospital surgical suite, your students get a front-row seat to view a live kidney transplant. Students will watch as a kidney is removed from a living donor and placed in a recipient. The surgical team of doctors, nurses, technicians and physician assistants will answer your students' questions while they work. Programs are hosted in North and Central New Jersey. For more information visit, www.LSC.org.



Reproducible Materials

The following reproducible worksheets and handouts can be found in this section:

CONTENTS

19 Ray of Hope — Classroom Discussion

20 Ray of Hope — Teachers Master

21 The Wait — Classroom Discussion

22 The Wait — Teachers Master

23 Do you know the facts? Student Copy

24 Do you know the facts? Teachers Master

25 How to Become a Hero

26 Letter to Parent/Guardian

27 Donor Card

28 Pre Test

29 Post Test

31 Pre and Post Test Keys

32 Case Studies for extension activity

35 Case Studies — Teachers Masters



Ray of Hope

CLASSROOM DISCUSSION QUESTIONS

Name: _____ Date: _____

1. How did Jason Ray's decision to become an organ and tissue donor affect the lives of others?
2. In the video Jason Ray's parents said that they originally did not want Jason Ray to be a donor. What factors influenced Jason Ray's parents to make the decision to say yes to donation?
3. Why did Jason Ray make the decision to register as a donor?
4. What organs did Jason Ray donate?
5. In your opinion is Jason Ray a hero? Why or why not?



ANTWAN
Kidney recipient

Ray of Hope (Teachers Master)

CLASSROOM DISCUSSION QUESTIONS

1. How did Jason Ray's decision to become an organ and tissue donor affect the lives of others?
Jason Ray helped to save the lives of four people and enhanced the lives of many others through organ and tissue donation.
2. In the video Jason Ray's parents said that they originally did not want Jason Ray to be a donor. What factors influenced Jason Ray's parents make the decision to say yes to donation?
Jason was a registered organ and tissue donor and had the designation on his license. Jason Ray's parents wanted to honor his decision.
3. Why did Jason Ray make the decision to register as a donor?
Jason Ray did not want to be buried with his organs and tissue if they could be used to help someone else.
4. What organs did Jason Ray donate?
Jason Ray donated a heart to Ronald Griffin, a liver to Dennis Korzelius, one kidney and his pancreas to David Erving and one kidney to Antwan Hunter.
5. In your opinion is Jason Ray a hero? Why or why not?
Answers may vary.

OVER 2,470 NEW JERSEY RESIDENTS HAVE
DIED DURING THE PAST 10 YEARS WAITING FOR
A LIFE-SAVING ORGAN TRANSPLANT.



The Wait

CLASSROOM DISCUSSION QUESTIONS

Name: _____ Date: _____

1. Why do you think that over 7000 people die each year waiting for a transplant?
2. What organs were the students in the film waiting for?
3. Kristin's chances of receiving a transplant are not as great as the other students on the video, why do you think this is the case?
4. What do you think is the hardest part of being on the waiting list for an organ?
5. Why do so many of the families that are approached about organ and tissue donation say no?
6. What can we do to help decrease the size of the waiting list for organs?



TO DATE, 1.87 MILLION NEW JERSEYANS HAVE SAID "YES" TO DONATION ON THEIR DRIVER LICENSE.

The Wait (Teachers Master)

CLASSROOM DISCUSSION QUESTIONS

1. Why do you think that over 7000 people die each year waiting for a transplant?
The number of people on the waiting list far outweighs the number of donated organs available.
2. What organs were the kids in the film waiting for?
Kristin = stomach, pancreas, small intestine (bowel), liver
Ryan = heart
Iesha = kidney
Tristian = kidney
3. Kristin's chances of receiving a transplant are not as great as the other kids on the video, why do you think this is the case?
Kristin's quality of life is poor; however she is not as sick as other people on the waiting list.
4. What do you think is the hardest part of being on the waiting list for an organ?
Answers may vary.
5. Why do so many of the families that are approached about organ and tissue donation say no?
People are afraid and don't know all of the facts.
6. What can we do to help decrease the size of the waiting list for organs?
Educate people about the need for organ donation and the positive impact that it can make on someone else's life. Register as an organ and tissue donor when you get your license or online at www.donatelifenj.org.



REGISTER AS AN ORGAN AND TISSUE
DONOR WHEN YOU GET YOUR LICENSE. OR
ONLINE AT WWW.DONATELIFENJ.ORG.

Do you know the facts?

STUDENT COPY

Name: _____ Date: _____

Directions: Write True or False in the space next to each statement below.

_____ Only hearts, livers and kidneys can be donated.

_____ Organs for transplant can be “bought” by the wealthy and powerful.

_____ Just one organ and tissue donor can provide life-enhancing transplants to more than 50 people.

_____ I am admitted to the hospital and they are aware that I have signed up to be an organ and tissue donor, I will not be treated as aggressively because of the need for organs.

_____ Less than 1% of the population dies in a way that will allow them to become an organ donor.

_____ If you have a history of medical illness your organs or tissue are unfit for donation.

_____ There are over 100,000 people on the organ transplant list.

_____ A person can recover from brain death.

90% OF AMERICANS SAY THEY SUPPORT DONATION, BUT ONLY 30% KNOW THE ESSENTIAL STEPS TO TAKE TO BE A DONOR.



Do you know the facts? (Teachers Master)

Directions: Write True or False in the space next to each statement below.

_____ Only hearts, livers and kidneys can be donated.

False: Needed organs include the heart, kidneys, pancreas, lungs, liver and intestines. Tissue that can be donated include the eyes-cornea, skin, bone, heart valves and tendons.

_____ Organs for transplant can be “brought” by the wealthy and powerful.

False: Organs are computer matched according to compatibility of donor and recipient tissue, determined by various tests, waiting time, and the medical need of the recipient. Social or financial data are not part of the computer database and, therefore, are not factors in the determination of who receives an organ.

_____ Just one organ and tissue donor can provide life-enhancing transplants to more than 50 people.

True

_____ If I am admitted to the hospital and they are aware that I have signed up to be an organ and tissue donor, I will not be treated as aggressively because of the need for organs.

False: The decision to become a donor will in no way affect the level of medical care for a sick or injured person. The team of doctors and nurses involved in treating the patient is not involved with the transplant/recovery team, which is called in only after death has occurred.

_____ Less than 1% of the population dies in a way that will allow them to become an organ donor.

True: In most cases, in order to become an organ donor, you need to die in a hospital from brain death. Brain death usually occurs following a stroke or from a traumatic injury to the head. Brain death is the irreversible cessation of all functions of the entire brain including the brainstem.

_____ If you have a history of medical illness your organs or tissue are unfit for donation.

False: At the time of death, the appropriate medical professionals will review your medical and social histories to determine whether or not you can be a donor.

_____ There are over 100,000 people on the organ transplant list.

True: A new name is added to the list every 11 minutes.

_____ A person can recover from brain death.

False: Your body cannot function without your brain. Brain death is the irreversible cessation of all functions of the entire brain including the brainstem. Brain death should not be confused with a coma or persistent vegetative state.

How to Become a Hero

TO BECOME AN ORGAN AND/OR TISSUE DONOR HERO YOU SHOULD DO TWO THINGS:

Step 1: When you turn 18 and apply for your unrestricted driver license you will be asked if you'd like the "Organ Donor" designation to appear on your license. By saying yes the words "Organ Donor" will appear on the front of your license and will be included in your computer record with the Motor Vehicle Commission (MVC).

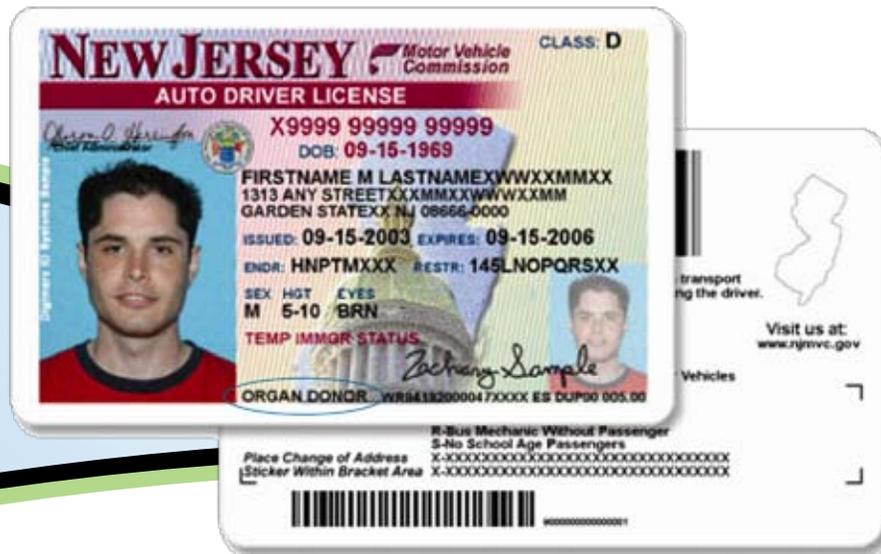
If you are already 18 and do not have the donor designation on your license and would like to make the donor designation you can either:

- a. Renew your license at Motor Vehicle and ask to have the donor designation put on your license.

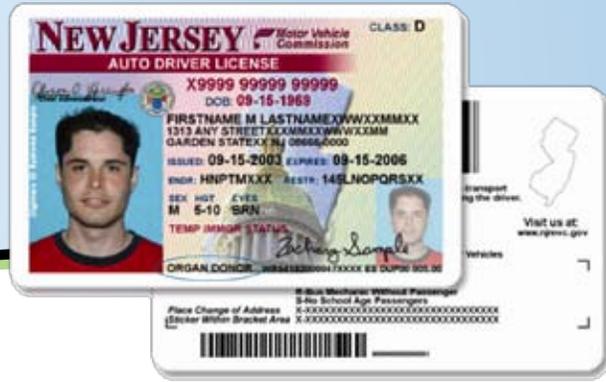
Or

- b. Make your designation online at www.donatelifenj.org. Your decision will be registered in the MVC computer record until you reapply for your license at the MVC.

Step 2: Tell your family about your decision so they will carry out your decision. If there is no designation on your driver license or other legal means of donor designation, the final decision about organ and tissue donation will be made by your family.



MAKE IT A LICENSE TO SAVE LIVES



Dear Parent or Guardian,

Today in health class I learned about organ and tissue donation and transplantation. We talked about the importance of sharing our beliefs about organ and tissue donation with our loved ones. We learned that one person can make a difference in the lives of up to 50 other people through becoming an organ and tissue donor when they die. Donation can dramatically improve and even save the lives of those suffering from organ failure, bone defects, burns, blindness and other injuries.

The number of Americans awaiting life-saving organs is over 100,000 and hundreds of thousands more could benefit from tissue transplants. Tragically, thousands of these people die each year due to the lack of donors.

An important part of this lesson was the need to share my wishes with you. In the event of a tragedy, as members of my immediate family, you may be asked for your consent to donate my organs and tissue.

In New Jersey, as a minor, one can sign a donor card, and it will be a legally binding document of gift, unless the minor's parents decide to revoke it at the time of the minor's death. My decision is:

_____ to sign an organ donor card. (I can change my mind at any time by destroying the card)

_____ not to sign an organ donor card at this time. (I can change my mind at any time, and when I am 18, I can also decide to sign up on the Donate Life New Jersey registry at www.donatelifenj.org, when I get my permanent license or ID card).

These are my reasons for my decision:

Signature _____

Date _____



ORGAN AND TISSUE DONOR CARD



WWW.DONATELIFENJ.ORG

.....
I hereby make the following anatomical gift, of any needed organs and tissue for the purposes of transplantation and therapy to take place upon my death.

.....
If my gift cannot be used for transplantation or therapy, I hereby authorize use for research or education.

Name of Donor: _____

Signature of Donor: _____

Date: _____

.....
Donor's birthdate: _____

Next of kin: _____

Next of kin phone number: _____

You are encouraged to register your decision to be a donor when you sign up for or renew your New Jersey driver license or online at www.donatelifenj.org. This will place your information in a permanent registry. We also encourage you to share your donor designation with your family.

This card is a legal document under
New Jersey's Uniform Anatomical Gift Act.



High School Heroes Organ and Tissue Donation Classroom Guide

PRE-TEST

Name: _____ Date: _____

Directions: Circle the correct answer for each statement below.

1. One organ and tissue donor can provide life-saving or life-enhancing transplants to more than 50 people.
True or False
2. If you are registered as an organ donor it will affect the hospital care you receive in an emergency or life-threatening situation.
True or False
3. All of the following organs can be successfully transplanted except
a. the kidneys b. the heart c. the brain d. the lungs
4. Tissue that can be successfully transplanted include . . . (circle all that apply)
a. cornea b. bone c. skin d. ligaments
5. A person on a transplant waiting list has a greater chance of receiving a transplant if that person . . .
a. is wealthy.
b. has a university education.
c. is sicker than most of the others waiting.
d. has worked in the health care field.
6. If I choose to be a potential organ and tissue donor I should:
a. Let my family know my wishes.
b. Learn the facts about organ and tissue donation.
c. Say “yes” to donation when I apply for or renew my driver license.
d. All of the above.
7. Below there are several statements assessing your feelings about organ and tissue donation.
Please circle all of the statements that apply to you.
a. I have heard of organ and tissue donation before, but have never thought about what I want to do.
b. I think that becoming an organ and tissue donor is a positive thing to do.
c. I know someone who as been affected by donation and transplantation.
d. I would like to register as an organ and tissue donor.
e. I would not like to become an organ and tissue donor.
Please state your reasons: _____



High School Heroes Organ and Tissue Donation Classroom Guide

POST TEST – PAGE 1

Name: _____ Date: _____

Directions: Circle the correct answer for each statement below.

1. If you are registered as an organ donor it will affect the hospital care you receive in an emergency or life-threatening situation.
True or False
2. One organ and tissue donor can provide life-saving or life-enhancing transplants to more than 50 people.
True or False
3. All of the following organs can be successfully transplanted except
a. the brain b. the heart c. the lungs d. the kidneys
4. Tissue that can be successfully transplanted include . . . (circle all that apply)
a. skin b. bone c. cornea d. ligaments
5. A person on a transplant waiting list has a greater chance of receiving a transplant if that person . . .
a. has worked in the health care field.
b. has a university education.
c. is wealthy.
d. is sicker than most of the others waiting.
6. If I choose to be a potential organ and tissue donor I should:
a. Let my family know my wishes.
b. Learn the facts about organ and tissue donation.
c. Say “yes” to donation when I apply for or renew my driver license.
d. All of the above.
7. Would you register to become an organ and tissue donor?
a. Yes b. No



POST TEST - PAGE 2

8. If you answered YES to question number 7 please indicate how important the following factors were in your decision.

	Low Importance			High Importance	
Desire to benefit society	1	2	3	4	5
Chance to save a persons life	1	2	3	4	5
Personal experience with donation or transplantation (family member or close friend)	1	2	3	4	5
Media exposure to donation or transplantation	1	2	3	4	5
My family supports organ donation	1	2	3	4	5
My religion supports organ donation	1	2	3	4	5
Other (Please Explain):					

9. If you answered NO to question number 7 please indicate how important the following factors were in your decision.

	Low Importance			High Importance	
Doctors will not do everything to save my life	1	2	3	4	5
Some of the people on the list are undeserving	1	2	3	4	5
Personal experience with donation or transplantation (family member or close friend)	1	2	3	4	5
Media exposure to donation or transplantation	1	2	3	4	5
My family does not support organ donation	1	2	3	4	5
My religion does not support organ donation	1	2	3	4	5
Other (Please Explain):					



Pre and Post Test Keys:

PRE TEST:

1. True
2. False
3. C. the brain
4. A. cornea, B. bone, C. skin, D. ligaments
5. C. is sicker than most of the others waiting.
6. D. All of the above.
7. Personal opinion question. There are no right or wrong answers.

POST TEST:

1. False
2. True
3. A. the brain
4. A. skin, B. bone, C. cornea, D. ligaments
5. D. is sicker than most of the others waiting.
6. D. All of the above.

Questions 7, 8, 9 are based on personal opinion. There are no right or wrong answers.



THERE ARE CURRENTLY OVER 100,000
PEOPLE NATIONWIDE WAITING FOR A
LIFE-SAVING TRANSPLANT - 4,500
ARE FROM NEW JERSEY.

Case Study I – Hope

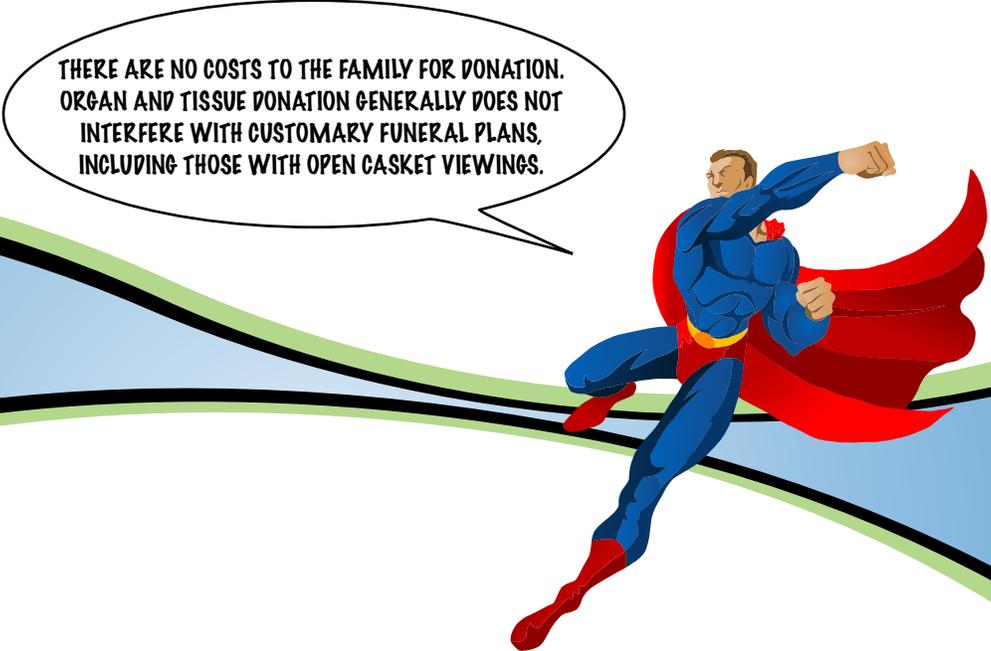
John and Linda Lipton lived their lives quietly in a small rural New Jersey town. John was a truck driver and Linda was a nurse at the local medical center and very active in her local church.

Linda's pastor supported organ donation and encouraged church members to register as organ donors. Three months ago, Linda received a liver but had recent problems with her body rejecting the organ.

John on the other hand seemed relatively healthy except for having diabetes.

CASE STUDY QUESTIONS:

1. What organ would John need if he had a transplant? Why?
2. What are some reasons for Linda's body rejecting the liver?
3. What would cause someone to need a liver transplant?
4. What are Linda's options if her body continues to reject her liver transplant?
5. Are there any religious beliefs that conflict with organ donation?



THERE ARE NO COSTS TO THE FAMILY FOR DONATION. ORGAN AND TISSUE DONATION GENERALLY DOES NOT INTERFERE WITH CUSTOMARY FUNERAL PLANS, INCLUDING THOSE WITH OPEN CASKET VIEWINGS.

Case Study II — A Trip

Bob and Susan went on vacation in the mountains. They started on a hike, but Bob complained of chest pains so he took his heart medication and the pain subsequently subsided.

In the morning, Bob awoke with stronger chest pains and asked Susan to call the park service for help. The night before, Bob had commented that he thought organ and tissue donation was a good thing and that he would want to donate all organs and tissue upon his death. Bob had not yet registered as an organ donor. Susan on the other hand, said she would definitely donate her organs and had already registered to be an organ donor through the Motor Vehicle Commission. Organ Donor was on her license.

CASE STUDY QUESTIONS:

1. What factors could prevent Bob from being an organ donor?
2. What are some other ways to make your decision known?
3. Could Bob be in need of a transplant? If so, for what organ? How would a transplant possibly help Bob?



EVERY MAJOR RELIGION SUPPORTS
DONATION AND CONSIDERS IT THE
GREATEST GIFT A PERSON CAN GIVE.

Case Study III — The Fighter

Ray and Mary Clanton lived in New Jersey. Ray had received a kidney about a month ago and wanted to test his endurance so he could get back into good physical condition as an amateur fighter.

Shortly after eating dinner one evening, Ray started a conversation commenting on a recent news story he watched a few days ago about organ transplants and thought donation was a good idea, but did not make a decision.

Mary thought that once you become an organ donor the hospital would not do everything they could to save her life. That night Ray fought, took a horrible beating and was rushed to the hospital.....

CASE STUDY QUESTIONS:

1. Should Ray continue to fight? Why or why not?
2. What are some reasons that may have led to Ray's need for a kidney transplant?
3. Why do you think it is important to share your donor decision with others?
4. What advice would you give to Mary regarding organ and tissue donation?
5. How would you finish this story?



Case Study I — Hope (Teachers Master)

John and Linda Lipton lived their lives quietly in a small rural New Jersey town. John was a truck driver and Linda was a nurse at the local medical center and very active in her local church.

Linda's pastor supported organ donation and encouraged church members to register as organ donors. Three months ago, Linda received a liver but had recent problems with her body rejecting the organ.

John on the other hand seemed relatively healthy except for having diabetes.

QUESTIONS:

1. What organ would John need if he had a transplant? Why?
Because he has diabetes John could eventually experience kidney failure and be in need of a kidney transplant.
2. What are some reasons for Linda's body rejecting the liver?
Her body's immune system is fighting the liver and trying to destroy it. Patients are normally given immunosuppressant drugs to prevent rejection. Sometimes these drugs are not enough to prevent rejection. It is also possible that Linda has been forgetting to take her immunosuppressant drugs or has decided to stop taking them because they were making her feel sick.
3. What would cause someone to need a liver transplant?
There are many different reasons that could cause a person to need a liver transplant. The need for a liver transplant occurs when there has been irreversible damage to the liver. Some of the things that can cause damage to the liver are, diseases such as hepatitis B and C, alcohol, autoimmune liver diseases, buildup of fat in the liver and hereditary liver diseases. Other reasons for needing a kidney transplant include: liver cancer, benign liver tumors, and hereditary diseases.
4. What are Linda's options if her body continues to reject her liver transplant?
Doctors will decide if Linda needs to receive another liver transplant.
5. Are there any religious beliefs that conflict with organ donation?
All major religions support organ and tissue donation.

Case Study II — The Trip (Teachers Master)

Bob and Susan went on vacation in the mountains. They started on a hike, but Bob complained of chest pains so he took his heart medication and the pain subsequently subsided.

In the morning, Bob awoke with stronger chest pains and asked Susan to call the park service for help. The night before, Bob had commented that he thought organ and tissue donation was a good thing and that he would want to donate all organs and tissue upon his death. Bob had not yet registered as an organ donor. Susan on the other hand, said she would definitely donate her organs and had already registered to be an organ donor through motor vehicle. Organ donor was on her license.

CASE STUDY QUESTIONS

1. What factors could prevent Bob from being an organ donor?

Factor 1: Bob is not a registered donor so it will be up to his family or next of kin to make the decision as to whether or not to donate his organs. If they say no to donation then he cannot be a donor. It was good that Bob talked to Susan about his decision so that in the event of a tragedy she will be able to help carry out his decision.

Factor 2: Organ/Tissue donors are evaluated on a case by case basis. Because there is a very short time between death and when organs/tissue need to be recovered and transplanted. In most cases if a person does not die in a hospital they will not be an eligible donor.

Factor 3: If Bob has certain infections or diseases he cannot become a donor. Examples include HIV or Creutzfeldt-Jacob Disease.

2. What are some other ways to make your decision known?

Register as an organ donor with the Motor Vehicle Commission (MVC). You can do this either in person at the MVC when you apply for or renew your license. Or you can register on-line through www.donatelifenj.org.

Talk about your decision with your family. They will be the ones to make the decision if you are not a registered donor.

3. Could Bob be in need of a transplant? If so for what organ? How would a transplant possibly help Bob?

If Bob has irreversible damage by long-lasting heart disease then he may be in need of a heart transplant. If Bob is in need of a heart transplant then that means that his heart can no longer adequately work and he will die unless he receives one. With a new heart he will be able to live a normal healthy life.

Case Study III — The Fighter (Teachers Master)

Ray and Mary Clanton lived in New Jersey. Ray had received a kidney about a month ago and wanted to test his endurance so he could get back into good physical condition as an amateur fighter.

Shortly after eating dinner one evening, Ray started a conversation commenting on a recent news story he watched a few days ago about organ transplants and thought donation was a good idea, but did not make a decision.

Mary thought that once you become an organ donor the hospital would not do everything they could to save her life. That night Ray fought, took a horrible beating and was rushed to the hospital.....

CASE STUDY QUESTIONS

1. Should Ray continue to fight? Why or why not?

No, Ray is putting his new kidney in jeopardy of being injured by continuing to fight. Patients that have received kidney transplants are advised to stay away from activities such as amateur fighting to prevent injuring their new kidney.

2. What are some reasons that may have led to Ray's need for a kidney transplant?

Ray needed a kidney transplant because he experienced kidney failure. When a person experiences kidney failure their kidneys are no longer able to filter the blood and they get put on something called dialysis. Dialysis is the use of a machine to filter a person's blood. The most common causes of kidney failure are, diabetes, high blood pressure and an inflammation of the kidneys called glomerulonephritis.

3. Why do you think it is important to share your donor decision with others?

Reason 1: In the event of a tragedy it is easier for your family if they know your decision.

Reason 2: If you are not a registered donor, your family will make the donation decision in the event of a tragedy. It is easier for your family if they know your decision.

4. What advice would you give to Mary regarding organ and tissue donation?

Mary thinks that if she is an organ donor doctors will not do everything possible to save her life. Mary should be told that the decision to be a donor will in no way affect the level of medical care for a sick or injured person. The team of doctors and nurses involved in treating a patient is not involved with the transplant/recovery team, which is called in only after death has occurred and the decision for donation has been confirmed.

5. How would you finish this story?

Answers will vary.

Resources and Related Websites

CENTER FOR ORGAN RECOVERY AND EDUCATION — WWW.CORE.ORG

The Center for Organ Recovery and Education (CORE) is a non-profit organization dedicated to promoting donation, education and research for the purpose of saving and improving the quality of life through organ, tissue and corneal transplantation.

DONATE LIFE AMERICA — WWW.DONATELIFE.NET

Donate Life America assists in mobilizing the transplant community to educate the American public on the need for organ, eye and tissue donation and motivating the public to make an actionable donor designation.

DONATE LIFE NEW JERSEY — WWW.DONATELIFENJ.ORG

All educational materials for High School Heroes are available for download from the Donate Life New Jersey website.

DONE VIDA: WEBSITE FOR HISPANIC AMERICANS — WWW.DONEVIDA.ORG

Donate Life America's Hispanic American website available to salute and inspire the Hispanic community to consider organ and tissue donation.

DECISION DONATION — WWW.ORGANDONOR.GOV/STUDENT

The U. S. Department of Health and Human Services created a model instructional tool for high schools to increase awareness about organ and tissue donation in the United States.

GIFT OF LIFE DONOR PROGRAM — WWW.DONORS1.ORG

The organ procurement organization (OPO) for southern New Jersey, Pennsylvania and Delaware.

KIDNEY & UROLOGY FOUNDATION OF AMERICA — WWW.KIDNEYUROLOGY.ORG

A leader in its field for over 50 years, the Kidney & Urology Foundation of America is dedicated to helping the more than 70 million Americans who suffer from kidney, urologic, and related diseases.

LIONS EYE BANK OF DELAWARE VALLEY — WWW.LEBDV.ORG

A nonprofit organization dedicated to the restoration of sight. They recover, evaluate and distribute human eye tissue for transplantation.

LIONS EYE BANK OF NEW JERSEY — WWW.LIONSEYEBANKNJ.ORG

A nonprofit organization dedicated to the restoration of sight. They recover, evaluate and distribute human eye tissue for transplantation.

MUSCULOSKELETAL TRANSPLANT FOUNDATION — WWW.MTF.ORG

A non-profit organization helps meet the need of donor families and tissue recipients through allograft.



NATIONAL KIDNEY FOUNDATION — WWW.KIDNEY.ORG

A voluntary nonprofit health organization dedicated to preventing kidney and urinary tract diseases, improving the health and well-being of individuals and families affected by kidney disease and increasing the availability of all organs for transplantation.

NATIONAL MINORITY ORGAN AND TISSUE TRANSPLANT EDUCATION PROGRAM – WWW.NATIONALMOTTEP.ORG

The purpose of this organization is to educate the minority community about organ and tissue donation.

NEW JERSEY MOTOR VEHICLE COMMISSION — WWW.STATE.NJ.US/MVC/

They are the home of the state registry for organ and tissue donors. You can register as an organ and tissue donor without renewing your license through their website.

NEW JERSEY SHARING NETWORK — WWW.SHARENJ.ORG

The organ procurement organization (OPO) for north and central New Jersey.

ORGAN PROCUREMENT AND TRANSPLANTATION NETWORK (OPTN): —WWW.OPTN.ORG

Educational and informational databank. OPTN is a unique public-private partnership that links all of the professionals involved in the donation and transplantation system.

TRANS WEB — WWW.TRANSWEB.ORG

Trans web's mission has been to provide information about donation and transplantation to the public in order to improve organ and tissue procurement efforts worldwide.

UNITED NETWORK FOR ORGAN SHARING — WWW.UNOS.ORG

A private, non-profit organization based in Richmond, Va., that runs the Organ Procurement and Transplant Network.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES— WWW.ORGANDONOR.GOV

The official U.S. Government web site for organ and tissue donation and transplantation.



High School Heroes Classroom Guide

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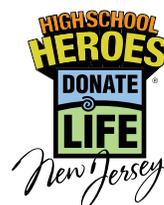
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ANTWAN
Kidney recipient

